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UNDER PRESSURE

OUSTED CEO CHRIS MAZZA PLEADS IGNORANCE INTO WRONG-DOINGS AT ORNGE PAGE 3

FRIDAY'S JACKPOT
$10 Million estimated
Lotto MAX

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On the mat to give back

Yogis. Hundreds expected for second annual yoga-themed fundraiser on Sunday

ANGELA MULLINS
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Forget hockey brawls and rowdy rock concerts — the John Labatt Centre may very likely be the most tranquil, Zen-like place in London this Sunday morning.

Yoga Shack Gives Back aims to fill the arena floor with 500 people for a fundraising yoga session. "There are so many things that frustrate people. For this hour, it's just going to be about love," Yoga Shack owner Lisa Shackelton said. "When there's (hundreds of) people all taking an inhale and an exhale together, it's very powerful."

Shackelton speaks from experience. Last year's inaugural event saw about 300 people take in a yoga class at the JLC, raising more than $1,500 for Mission Services of London.

Sunday's event will benefit the Heart and Stroke Foundation. Shackelton decided on the charity after her grandfather died of a heart attack in April. Her father suffered the same fate nearly four years ago.

So far, Sunday's class is shaping up to be a big one.

More than $700 of the $2,000 goal had been pledged online as of Wednesday and registrations were piling up.

"Last year, in the week leading up (to the event), there were like under 100 people registered and under $100 donated," Shackelton said.

"I don't even know what to expect."

Get involved

- Registration for Yoga Shack Gives Back starts at 9 a.m. Sunday at the John Labatt Centre or you can register online at yogashack.ca.
- The class starts at 10 a.m. Donations will be accepted on site, but the session is free

Yoga Shack owner Lisa Shackelton strikes a pose Wednesday at her studio (140 Ann St.). Shackelton is gearing up for Sunday's Yoga Shack Gives Back at the John Labatt Centre. The event aims to fill the JLC arena with yogis, while raising money for the Heart and Stroke Foundation. ANGELA MULLINS/METRO

Adding on to Market Lane

Nearly $700,000 overhaul involves upgrades to area between Dundas Street and Covent Garden Market PAGE 2

Boob tube bills to drop

CRTC's decision to phase out the 1.5 per cent Local Programming Improvement fee will decrease cable and satellite bills PAGE 6

The return of Home County

Art and music festival takes over Victoria Park all weekend, featuring lots of live acts including Kathleen Edwards and Bahamas PAGE 9

Kale, pesto and pasta out of a pot

This easy recipe is perfect for vegetarians
PAGE 15

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1 NEWS

On the web

Planned prank takes unexpected turn

A prankster and his partner came up with a high-concept ruse intended to convince a Boca Raton, Fla., man that he was the target of a Russian hitman — but things didn't turn out quite as intended. Go to metronews.ca to see how the prank went awry.

Florida robbery reignites law debate

Florida's controversial "Stand Your Ground" law is back in the news after an elderly man brazenly shot and wounded two people during an attempted robbery at an Internet café. Go to metronews.ca to watch the shocking video.

Mobile news

A zoo in the Ukraine is now home to a group of white lion cubs that can only be described as heart-meltingly cute. Scan the code to see photos of these cuddly predators eagerly awaiting feeding time.

Market Lane upgrades extended into larger area

Renovation. Work is part of overall downtown makeover before World Figure Skating Championships at the JLC in March

ANGELA MULLINS
angela.mullins@metronews.ca

The ball is rolling for a spruced-up Market Lane by fall, and the upgrades will include a larger area than originally planned.

The project's price tag has increased by about $30,000 since the design was selected earlier this year by a panel composed of architects and an urban designer.

That's because upgrades will now extend outside the lane, including the adjacent north and south sidewalks, said Andrew Macpherson, the city's manager of parks, planning, and design.

Work on the walkway between Dundas Street and the Covent Garden Market would start Aug. 13 and be finished by mid-November, under the $681,136 proposal headed to city council on Tuesday.

The community services committee gave preliminary approval this week to hiring PLS Landscaping and Excavation Ltd. to upgrade the walkway.

The London company's bid was the lowest of five bids received for the project. The bulk of the Market Lane renovation will be done by B.C.-based Hapa Collaborative.

In the area outside the lane, workers are expected to do some paving, add garbage and recycling bins, and plant some new trees.

Design contest

- The design plan for Market Lane was approved by council in January after a city-led contest that garnered proposals from 18 companies.
- Five finalists were selected by jurors, with each finalist paid $2,500 for submitting a plan.
- B.C.-based Hapa Collaborative had the winning design.

People stroll through Market Lane during the noon hour on Tuesday. The walkway between the Covent Garden Market and Dundas Street is up for a nearly $700,000 overhaul. ANGELA MULLINS/METRO

"If you're walking down Dundas Street you'll say, 'Hey, what is that down there?' You'll be drawn to it," Macpherson said.

Upgrades to the lane itself will include a ceiling of LED lights, greenery, a bench that meanders along the east side and ottomans that light up at night.

Follow Angela Mullins on Twitter @MetroAngela

Rippers' team store gets eviction notice

An eviction notice dated July 18 gives David Martin, owner of the London Rippers, five days to vacate the space leased for the team store. The notice indicates rent is more than 15 days overdue. ANGELA MULLINS/METRO

The London Rippers' struggles on the field appear to be spilling over to the front office.

An eviction notice was posted Wednesday on the door of the team's merchandise store in Market Tower, indicating money due to the landlord is more than 15 days late.

The letter advises team owner David Martin that he has five days to pack up and move out.

Officials at Farhi Holdings, which owns the tower at Richmond and Dundas streets, declined comment. An official with a property-management company whose business card was left outside the team store did not return a phone call from Metro.

Matt Dumouchelle, the Rippers' director of media relations, said he's not up to speed on the team's finances, but a plan was in place to move merchandise to Labatt Park before the eviction notice was posted.

"This was something that we had known was coming," he added.

Martin and Alison Stier, vice-president of business operations, were not available for comment on Wednesday. ANGELA MULLINS/METRO

Poor performance

- The Rippers, 20-33 before Wednesday night's game, are in last place in their Frontier League division.
- Average attendance for games is 856, the lowest of the league's 14 teams.
- For results from Wednesday's game, visit metronews.ca.

Correction

Incorrect caption for July 17 photo

Hanson Wainkem was misidentified in a football photo on the front page of the Metro London published Tuesday, July 17. Incorrect information was provided, and Metro regrets the error. METRO

Piano virtuoso

Jazz legend comes to town

Legendary pianist Chick Corea will perform at the Aeolian on Friday, Oct. 12, with vibraphonist Gary Burton and the Harlem String Quartet. Tickets ($125) for the 8 p.m. performance are now on sale at aeolianhall.ca. METRO

Fire department

Open burns banned

Due to extreme temperatures and drought conditions, the London Fire Department has issued a ban on all open burns within the City of London until further notice. Notice of a lift of the ban will be posted on london.ca/fire. METRO

OPP arrests

Two London men facing drug charges

Two London men are facing charges after the Ontario Provincial Police found drugs after back-to-back traffic stops on Monday.

Jules Maita, 38, is charged with four counts of possession of a controlled substance after being stopped on Napier Road in Adelaide-Metcalfe.

During that stop, the OPP cruiser was almost hit by another vehicle. When officers stopped the car, police allegedly found drugs and drug paraphernalia.

Richard Branton, 32, a passenger in the vehicle, and three men from Strathroy-Cardoc are charged with possession of a controlled substance. METRO

Weapons. Keep your replica guns out of public places, police urge

Within a four-hour span Tuesday, police received two 911 calls from people reporting seeing someone with a handgun. In both cases, men were seen in public areas — one in a parking lot and the other in a schoolyard — with what was described as a firearm in the waistband of their pants.

Police found the handguns were, in fact, replica pellet guns.

"The possession and use of a replica gun places a police officer in a difficult position," the London Police Service said in news release. "Replica guns are designed to look like the real thing, and when confronted with these, police have only a split second to decide on the course of action that they will take.

"A police officer will have no way of knowing that the gun is not real and when presented with a perceived threat, a police officer must respond accordingly.

"This can result in a very dangerous situation for the person possessing the gun, nearby members of the public and the police."

Police ask that common sense be used, and that replica guns be kept out of public areas.

METRO

Out and about

Colombian festival on this weekend

The Colombian Latino American Festival Viva London! takes place Saturday from 1 to 10 p.m. and Sunday from 10 a.m. to 10 p.m. at the Covent Garden Market.

METRO

Football

Mustangs look to go 8-0 on season

The London Junior Mustangs varsity football team looks to remain undefeated Friday night as it takes on the Halton Cowboys. It's an 8 p.m. kickoff at TD Waterhouse stadium. METRO

Ousted Ornge CEO grilled by MPPs, pleads ignorance

Former Ornge CEO Chris Mazza swears in Wednesday at a legislative committee hearing investigating the air-ambulance service.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Mazza. Appeared to be on the verge of tears during his testimony when asked about patient deaths

The man at the centre of the Ornge scandal says he doesn't know what went wrong with the troubled air-ambulance service, but the government never told him he was veering off course.

Ousted CEO Chris Mazza says the government was fully informed about what he was doing at the taxpayer-funded organization, which is now under a criminal probe for financial irregularities.

And if they'd asked him to change direction because he was doing something wrong, he would have, Mazza said Wednesday before a legislative committee.

The mastermind behind Ornge was at a loss to explain what went wrong at the organization, which has been mired in controversy for months amid allegations that public money was used for personal gain.

The problem

- Auditor general Jim McCarter has criticized the government for failing to oversee Ornge, despite giving it $730 million over five years and allowing it to borrow another $300 million.

"I don't know," an emotional Mazza told the committee. "To this day, I don't know."

His work to transform Ontario's patchwork air-ambulance service into a world-class organization wasn't about personal gain, but a desire to help patients in the wake of his son Joshua's death in 2006, he said.

Yet he defended a generous $1.4-million compensation package — plus bonuses and a personal loan — that he acknowledged "may seem excessive."

Mazza said he also feels badly for those who were affected by the controversy, especially those who lost their jobs.

THE CANADIAN PRESS

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Local Muslim community prepares for Ramadan

Religious observance. Over the next month, members of London's three mosques and centres will honour the tradition of fasting

JOHN MATISZ
john.matisz@metronews.ca

Lifetime resident Ali Chahbar has seen London's perception of Muslims evolve over the past 30 years. From an acceptance standpoint, he believes there's never been a better time to practise Islam in the Forest City.

Back in his high school days, things weren't as "chummy" as they are today, he says. "It's easier now, but it's still hard," said Chahbar, a member of the London Muslim Mosque's Muslim outreach committee.

From Friday to Aug. 18, Islamic Londoners will partake in Ramadan, a 30-day fasting period adhered to by Muslims worldwide.

Between dawn and dusk each day — approximately 4:30 a.m. to 9 p.m. this year — post-pubescent Muslims in good health cannot eat, drink, smoke, use profane language or take part in sexual relations.

Since Ramadan runs according to the lunar calendar, it can occur in the spring, summer, fall or winter. The 2012 edition poses one of the longer fasting periods since there's so much sunlight. "Everyone's eating, everyone's drinking, everyone's at the park — it's the summer — so it's an uphill battle," said Chahbar, 41.

Living in such a high-consumption world has never helped, either. "I remember very clearly what it felt like in high school," the Saunders Secondary School graduate said. "(The school is) across from the mall and McDonald's, so my friends were all over the place. And I would have to put up with it until 3 p.m., go home, and stick it out until about 9 p.m."

Nevertheless, Chahbar and the approximately 30,000 other London-based Muslims embrace the yearly season of fasting. After all, it's one of the five pillars of Islam. "The prophet Muhammad said, 'Fast and you will heal,'" Chahbar said.

"It's a grinder, but a great lesson in perseverance and patience. It's totally worth it."

Follow John Matisz on Twitter @Metro_JMatisz

Quoted

"We welcome sincere discussion, questions and debate in helping others understand more about Islam."

Ali Chahbar, a member of the London Muslim Mosque's Muslim outreach committee

A group of London Muslims participates in an afternoon prayer inside the London Muslim Mosque at 151 Oxford St. W. earlier this week. JOHN MATISZ/METRO

The Bachelor wants you to buy his bottles

The Bachelor's Ben Flajnik, left, signs a bottle of his newest wine Wednesday during a promotion with his wine-making partner, Mike Benziger, at the LCBO on Fanshawe Park Road. Flajnik's Epilogue, the first wine his company has released in Canada, will be available at liquor stores on Saturday. As for Flajnik's availability? Bachelor No. 16 isn't talking. When asked who he was seeing these days, Flajnik pointed at his business buddy, grinned and said, "This guy right here." But take note, ladies — he wasn't sporting a wedding ring during the London stop. ANGELA MULLINS/METRO

Discrimination. Some rights issues in Ontario have been 'very slow to change': Report

Despite progress in advancing equality over the past decades, there is also much to be discouraged about, the head of Ontario's rights agency said Tuesday.

In releasing the Ontario Human Rights Commission's annual report, chief commissioner Barbara Hall said some of the problems even feel personal.

"There's some really persistent issues: Anti-black racism and discrimination towards aboriginal peoples," Hall said in an interview. "As a woman I find it discouraging the persistence of sexual harassment."

Hall said barriers to equality also include discrimination based on religion, disability and sexual orientation.

"Some long-identified human-rights issues have been very slow to change," the annual report states. "The discrimination faced by aboriginal peoples continues, and is hugely damaging."

The past year also saw the commission hold its largest-ever public consultation into discrimination faced by people with mental-health disabilities — a problem only now moving to the forefront as a human-rights issue even though about one in five Canadians will suffer some form of mental illness during their lives.

Quoted

"We were amazed, I think it's fair to say, at the response. There are many issues there."

Barbara Hall, head of the Ontario Human Rights Commission, speaking about the commission's public consultation into discrimination faced by people with mental-health disabilities

More than 1,000 people with mental-health issues sent lengthy submissions about their experiences of discrimination in the health-care system, housing, education and the workforce.

"We were amazed, I think it's fair to say, at the response," Hall said of the response to the consultations. "There are many issues there."

Now that the consultations are out of the way, the commission will spend the coming year developing a policy and advice on how to apply the human-rights code in cases of mental illness.

Society and institutions simply don't have the skills to deal with the problem, so areas will include practical advice on how to accommodate people in the workplace and the various options and steps.

THE CANADIAN PRESS

Purse-snatching

Sketch of robbery suspect released

On July 12 at 10 p.m., a woman and her children were at the Food Basics at 1401 Ernest Ave. when a man grabbed her purse and fled west on foot. No one was hurt and no weapon was seen.

A police sketch of the suspect. CONTRIBUTED

Police released a composite drawing of the suspect, described as an unshaven white male, in his mid- to late 20s, with a thin build. Anyone with information is asked to call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS (8477), or visit londoncrimestoppers.com. METRO

Dry conditions

Please keep giving trees a drink: City

The city's manager of urban forestry would like to remind Londoners the tree-watering alert remains in effect, due to the shortfall of rain. Please continue to water all trees until consecutive weeks of adequate rain occur, typically 25 millimetres per week. METRO

B.C. kidnapping case

Abductor first wanted brother

The man who abducted a three-year-old B.C. boy before returning him unharmed days later had initially considered taking the child's older brother, his sentencing hearing was told Wednesday. Randall Hopley, 46, had pleaded guilty to abducting Kienan Hebert. THE CANADIAN PRESS

Holocaust

Man arrested for alleged war crimes

A Hungarian and ex-Canadian suspected of abusing Jews and helping deport thousands of them during the Holocaust was taken into custody Wednesday and charged with war crimes. Laszlo Csatary, 97, had been one of the most-wanted alleged Nazi war criminals. THE ASSOCIATED PRESS

Big Pharma

Drug company paying up millions

An Australian woman born without arms and legs after her pregnant mother took the anti-morning-sickness drug Thalidomide has reached a multimillion-dollar settlement with the medicine's British distributor. The German maker of the drug refused to settle. THE ASSOCIATED PRESS

Zanzibar

12 killed in island ferry accident

A Zanzibar official says 12 people were killed in a ferry accident off the coast of Tanzania's island region of Zanzibar. Witnesses said the ferry carried more than 200 people when it sank. The ferry was leaving the Tanzanian port city of Dar es Salaam. THE ASSOCIATED PRESS

South Africa

Mandela birthday honoured

A nation divided came together Wednesday to honour Nelson Mandela. Officials estimated nearly 12-million youth kicked off celebrations with resounding "Happy Birthday" choruses. Millions more joined in from offices, buses, train stations and Mandela Square. THE ASSOCIATED PRESS

B.C. B&B

Owners must pay for refusing gays

The owners of a now-closed bed-and-breakfast in southern B.C. must pay more than $4,000 for refusing a room to a homosexual couple. The B.C. Human Rights Tribunal has ordered Susan and Les Molnar to compensate the couple for injury to dignity and self-respect THE CANADIAN PRESS

Syria rebels kill key regime chiefs

Civil war. According to Syrian Observatory for Human Rights, nearly 100 people were killed Wednesday

Fahd Jassem al-Freij, who was made Syria's defence minister hours after his predecessor's death.
SANA/THE ASSOCIATED PRESS

Rebels penetrated the heart of Syria's power elite Wednesday, detonating a bomb inside a high-level crisis meeting in Damascus that killed three leaders of the regime, including President Bashar Assad's brother-in-law and the defence minister.

The unprecedented blow to the ruling dynasty could mark a turning point in the civil war, suggesting that those once close to Assad are turning against him. The bombing follows some of the worst bloodshed in Damascus of the 16-month uprising, a growing list of high-ranking defections and mounting frustration by world leaders over their inability to find a diplomatic solution.

Rebels claimed responsibility for the attack, saying they had been planning it for two months and decided to plant the bomb in the room where the top government security officials in charge of crushing the revolt were holding a crisis meeting. THE ASSOCIATED PRESS

Wildfires rage near Greek city of Patras

An helicopter drops water over a wildfire near Patras, Greece, Wednesday. Regional authorities declared an emergency in southwestern Greece as wildfires threatened village homes outside Patras. Nine planes and one helicopter were involved in the firefighting effort Wednesday at Argyra, some 15 kilometres east of Patras, amid high winds and temperatures above 40 C. GIANNIS ANDROUTSOPOULOS/THE ASSOCIATED PRESS

Bulgaria. Bus carrying Israelis explodes in resort

A bus carrying Israeli youth exploded Wednesday in a Bulgarian resort, killing at least four people and wounding more than two dozen, police and hospital officials said. Israeli Prime Minister Benjamin Netanyahu called it "an Iranian terror attack" and promised a tough response.

The explosion took place in the Black Sea city of Burgas, some 400 kilometres east of the capital, Sofia. TV images showed smoke billowing from the scene — a parking lot at the local airport where the Israeli tourists had apparently just landed. Several buses and cars were on fire near the shell of the exploded vehicle.

Bulgaria, an eastern European nation bordering Greece and Turkey, is a popular tourist destination for Israelis.

A tourist arrives at hospital after a bus exploded Wednesday in Bulgaria.
BULPHOTO AGENCY/THE ASSOCIATED PRESS

It was not yet certain what caused the blast — whether it was the result of a suicide bomber or a device remotely detonated — and no group immediately claimed responsibility.
THE ASSOCIATED PRESS

Cambodia. Schools are closed to cope with disease

Cambodia is closing all kindergarten and primary schools two weeks before a regular vacation to try to stop the spread of a virus that has killed hundreds of young children around Asia.

Deputy Education Minister Mak Van said more than 2,700 kindergartens and 7,000 primary schools closed Wednesday to try to cope with the menacing form of hand, foot and mouth disease known as enterovirus 71 strain, or EV-71.

The victims sometimes suffer high fever, brain swelling, paralysis and respiratory shutdown, though they may have been infected by people with few or no symptoms. The recent deaths of almost 60 Cambodian children raised the alarm over the disease.

Vietnam and China have also had outbreaks. And in neighbouring Thailand, three schools in Bangkok closed Wednesday over new cases in students.
THE ASSOCIATED PRESS

EV-71

- Hand, foot and mouth disease is as common as chicken pox in Asia, and usually about as severe.
- Doctors are still struggling to understand why its latest strain is so devastating.
- In the first half of this year alone, 356 people in China and 33 in Vietnam have died from it.

Worship. Judge orders opening of U.S. mosque

A U.S. federal judge Wednesday ordered a county in the southern state of Tennessee to move ahead with opening a Muslim congregation's newly built mosque after a two-year fight from opponents.

The Islamic Center of Murfreesboro sued Rutherford County earlier in the day and asked District Judge Todd Campbell for an emergency order to let worshippers into the building before the holy month of Ramadan starts Thursday.

Federal prosecutors also filed a similar lawsuit.

The future of the mosque had been in question since May, when a local judge overturned the county's approval of the mosque construction. This month he ordered the county not to issue an occupancy permit for the building.

Campbell ordered the county to move ahead on approving the mosque for use, although it wasn't immediately clear if that could happen by Thursday. Final inspection of the building is required.

The contentious fight over the mosque stems from a 2010 lawsuit filed by residents who claimed that Islam was not a real religion and that local Muslims intended to overthrow the U.S. Constitution in favour of Islamic religious law.
THE ASSOCIATED PRESS

Discrimination

"The Muslim community has been under siege for the last two years."

Imam Ossama Bahloul. The Islamic centre has faced acts of vandalism, arson and a bomb threat.

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Funding cuts to lower cable and satellite bills

Broadcasting. The CRTC is phasing out a local programming fund aimed at helping stations during the 2008 recession

Cable and satellite bills will be shrinking a little bit as the CRTC begins to phase out a special fund designed to boost local programming.

The Canadian Radio-television and Telecommunications Commission issued a decision Wednesday, saying that the Local Programming Improvement Fund will be phased out over the next two years. It was introduced during the 2008 recession to help conventional stations operating in non-metropolitan areas.

Many cable and satellite providers passed along the 1.5 per cent fee of the recurring monthly bill to consumers, and the CRTC says they can expect a corresponding reduction in their cable or satellite bills as the fee is phased out.

In 2010, 78 stations received funding totalling $100 million. In 2011, 80 stations received $106 million.

"The fund was created to ensure television stations had the resources to meet Canadians' needs for local programming. We are satisfied with the support it has provided during a difficult economic period," said Leonard Katz, CRTC's vice-chairman of telecommunications and chair of the hearing panel.

The CRTC said the financial situation of these broadcasters has improved due to a recovery in the advertising sector as well as a successful transition to digital television. It said it was confident that these stations will maintain the same quality of programming without support from the fund.

Cable and satellite companies must prepare a report by Sept. 17, outlining the measures taken to ensure that the bills of affected consumers will reflect these reductions, and they must also provide evidence that consumers have been notified or that they were never required to pay the contribution. TORSTAR NEWS SERVICE

Upcoming cuts

Beginning Sept. 1, required contributions will be cut to one per cent of gross broadcasting revenue, and on Sept. 1, 2013, the fee will be cut to 0.5 per cent of gross broadcasting revenue.

- By Sept. 1, 2014, the fund will be discontinued.

StatsCan

Chinese visitors to Canada up

Statistics Canada says fewer people travelled to and from Canada in May compared to travel in April.

Canadian residents made 5.3-million trips abroad that month, mostly to the U.S., but that's 1.7 per cent fewer trips than in April. Residents of most other countries took fewer trips to Canada, except residents of China. They made 24,000 trips, a 3.4 per cent increase. Statistics Canada reports that China has grown so strongly that it has overtaken Australia as the fourth-largest overseas market for Canada behind the U.K., France and Germany. THE CANADIAN PRESS

Market Minute

DOLLAR 98.94¢ US (+0.18¢)

TSX 11,579.15 (+7.96)

OIL $89.87 US (+65¢)

GOLD $1,570.80 US (-$18.70)

Natural gas: $2.973 US (+17.7¢)
Dow Jones: 12,908.7 (+103.16)

Mark Carney, governor of the Bank of Canada, holds a press conference at the National Press Theatre in Ottawa on Wednesday to discuss the contents of the Monetary Policy Report. SEAN KILPATRICK/THE CANADIAN PRESS

Carney says he'll help reform LIBOR system amid rigging scandal

Mark Carney says he intends to use his position as head of the international Financial Stability Board to take up the issue of reforming the scandal-plagued interbank lending system at the earliest opportunity.

The Canadian central banker said Wednesday he's already exchanged views with his counterparts in the world's leading economies and plans to discuss possible reforms in September, when FSB officials next meet. Carney said he and U.S. counterpart Ben Bernanke agree that LIBOR, the London interbank offered rate — which sets terms under which banks lend each other funds and influences other interest rates — is structurally flawed.

"The facts that have emerged around the LIBOR situation are deeply troubling," he told reporters in Ottawa in his first public comments since the scandal over rate-rigging broke this spring. "It's not just a structure of the index, which Chairman Bernanke rightly described yesterday as structurally flawed, but it's active, conscious, repeated manipulation of that index."

LIBOR has been discredited recently by evidence that some of the banks that set the benchmark have provided false information in order to support their positions as far back as 2008. THE CANADIAN PRESS

LIFE SUCKS AND THEN YOU DIET

HE SAYS...
John Mazerolle
metronews.ca/hesays

This is hard to swallow, but I think the weight-loss industry may have some ethical problems.

I know. It's one of those instances where our illusions are shattered and our innocence is lost, like when the emperor in the Star Wars prequels turned out to be evil.

But I'm convinced it's true.

As an in-depth researcher of societal trends (I read Google News), I've noticed that a new weight-loss drug or diet plan or study is released almost every day.

The drug is usually approved by the authorities, but has a list of side effects as long and painful as Atlas Shrugged.

And the diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only $19.95!").

Fatten down

"The diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only $19.95!").

What makes it worse is all the self-evident studies. Either it's a "positive" study showing, for instance, that running a marathon is linked to looking good in shorts, or it's a "negative" study that shows, say, a possible connection between heart disease and freebasing gravy.

The upshot is, we all know losing weight is hard, but we also know the proper way to deal with it.

I am, of course, talking about the only solution: Mazerolle-Brand Diet Products! Yes! With my unique line of inexpensive weight-loss tools, people will be asking if you've been recently ill or your money back.

My products:

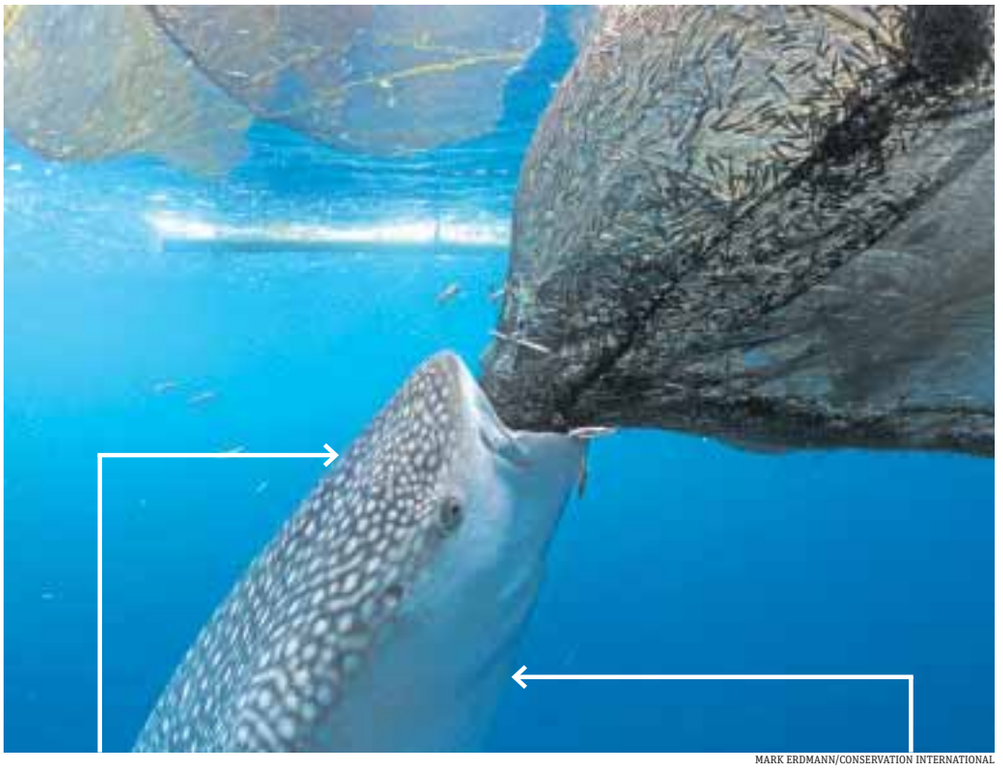
- **The Diet Diary:** New findings suggest that the best way to lose weight is to keep a food diary. But what does it say about your self-esteem if you scratch out your meals on some random piece of paper? If you care about yourself, you'll buy my handsome pleather-bound Duo-Tang, complete with example entries to get you started: "Dear Diary, I like bacon sooo much. 'Like' like! But does bacon even know I exist?"
- **The Self-Dismemberment Diet:** Also known as SDD, is a quick and easy plan to lose weight. Would you give your right arm to lose weight? Then do it! Worried about side effects? Remove a side! To help stop the bleeding, order a Mazerolle Diet Plan Tourniquet.
- **Bachelor's Package:** This is the linchpin. You'll learn my own personal tricks for staying thin, such as losing your debit card on the weekend, or reminding yourself that if you cook it will mean doing dishes. Also, I lost 20 pounds (really) when the Boston Bruins made their 2011 Stanley Cup run, mostly due to stress. So cheer on a successful team. (WARNING: If you are waiting on a Canadian NHL team, you will balloon to 400 pounds.)

Don't weight until it's too late to push back the scale. ISTOCK

And those are my completely ethical weight-loss products. I hope you find them helpful.

One parting tip is to remember that dieting is still about eating, not starving yourself. When I get peckish, I feel free to open the fridge and treat myself to whatever's in there — usually a box of baking soda and a jar of capers. If that doesn't help you lose weight, nothing will.

Shark is having a whale of a time



MARK ERDMANN/CONSERVATION INTERNATIONAL

Wildlife expedition

Whale shark food feast goes viral

Divers caught a rare scene of the world's largest fish, the whale shark, sucking silverside bait fish out of a fisher's net.

The video footage taken by environmental group Conservation International (CI) in Indonesia's Cenderawasih Bay has become a viral hit since it was uploaded on YouTube last month, amassing more than 1.3-million hits.

METRO

Biologist's view

"The interest this video has gotten on the Internet is amazing and it underscores the need for these types of expeditions to further knowledge of whale sharks."

Dr. Mark Erdmann, marine biologist and senior advisor to CI-Indonesia's marine program

Quite the appetite

- **Purpose of expedition.** To inject whale sharks with pill-sized transmitters, which serve as a unique, permanent "ID card" to monitor animals' behaviour and history.
- **Diet.** Whale sharks, the largest species of fish in the ocean, can eat up to 2.6 tons of plankton and small fish per day. Whale sharks are "filter feeders": They jut out their jaws and passively filter food into their mouth.

Adding it up

15

metres is the top length of a whale shark — as long as a common yellow school bus. On this expedition, a total of 30 individuals were successfully tagged.

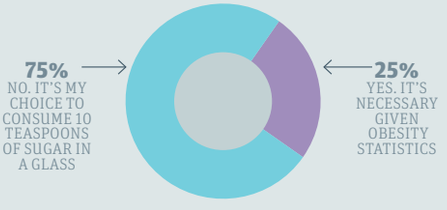
Go to metronews.ca ...

- ... to see a video of the shark devouring its lunch and watch scientists free it after it gets caught in the net!

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think sugary drinks should be banned in restaurants?



Twitter

@late2game: An Indian couple moved in across the hall from us a few months back. When they cook dinner the smell is amazing & I get hungry immediately.

@pennkemp: Rain, rain, come again. You know you want to.

@drizzypires: At #WesternU gym, guy sporting a cut off purple tank, fresh prince inspired afro, aviators sunglasses and a broken arm #swag

@matteomaciel: "university degree isn't a badge of honour anymore.." Well yeah it isn't if you're at the bottom of the class, and didn't go to #westernU

@zb_armstrong: 24 degrees?!? I'm freezing! Where's my sweater? #ldnont

metro

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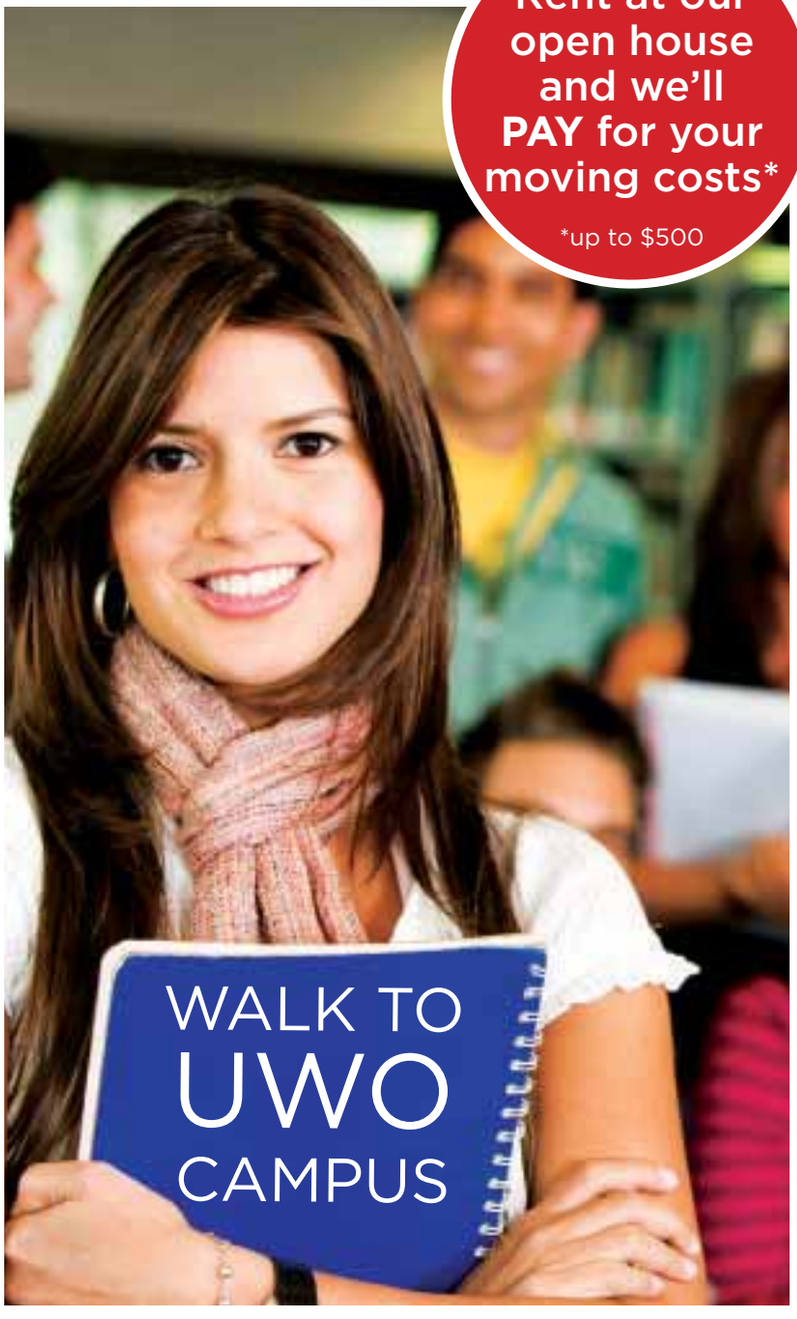

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Joel Plaskett will perform three times this weekend as part of the Home County Music and Art Festival in Victoria Park. HANDOUT

Festival packs musical punch

Home County Music and Art Festival.

Be sure to catch at least one workshop at the weekend event

BACKSTAGE PASS
Amanda Grant
london@metronews.ca

Starting Friday night, Victoria Park will be transformed, yet again, into an outdoor music venue, with Kathleen Edwards and Bahamas rocking the Home County Music and Art Festival's main stage. Saturday night, Cuff the Duke and Joel Plaskett Emergency will head the bill. It's a packed lineup to be sure, all CBC darlings and important Canadian musicians.

But before the sun sets and the crowd packs the concrete surrounding the park's band shell, the real magic happens.

Home County is one festival I look forward to each year. I dig out an old quilt my great grandmother made, fill up a water bottle, slice some watermelon and pack some sunscreen, then I head over to Victoria Park.

All day Saturday and Sunday I wander from stage to stage, listening to workshops featuring local artists, folk legends and Canadian music heavyweights. This year will be no different.

The workshop stages are unique to Home County. Once a fixture at folk festivals, they've died down in popularity, as they are complicated to schedule and require some serious musical chops.

Here's how they work: Three or four musicians assemble on a smaller stage, someone acts as the host and each musician takes their turn, telling a story about a song and then playing it, inviting their peers to join in.

The workshops are about creating a sense of community, about listening to each other, and just jamming on a good tune.

"It's up close and personal," says Catherine McInnes, artistic director of the fest. "It's about creating a really great artistic experience for the musicians as well as the audience."

Highlights this year include The Making of a Polaris Worthy Album, a workshop that features Joel Plaskett and Bahamas on Saturday afternoon, and True to Our Roots, a workshop with The Allens, Olenka Krakus, and Kinnie Starr on Sunday.

Also on Saturday and Sunday, local folklorist and performance artist Henry Svec will host a workshop called the Canadian Fowke Revival. A variety of musicians will join him, arranging classics from Edith Fowke's Folk Songs of Canada, in a contemporary way.

This year, come out to the festival a little earlier. Lounge on the grass or wander the rows of artisan booths, but be sure to catch at least one workshop.

"They are the heart of the festival," McInnes says, and I agree.

For a full schedule of workshops and main-stage performances visit homecounty.ca.

Around town

- **Brews and tunes.** APK Live hosts Craft Thursdays – a weekly event featuring local brew and live music. This week Juliana Riolino, Hinindar, and London's Neon Cowboy perform at the pay-what-you-can show.
- **Art.** Friday is your last chance to see Amy Lockhart's exhibit Ladies at the Forest City Gallery. The show features paintings and sculpture exploring the feminine.

2

SCENE

Scene in brief

The award goes to...

The first time Kathleen Edwards was shortlisted for the Polaris Music Prize back in 2008, she didn't know much about the award. But it's a sign of how much the $30,000 prize's profile has grown over the past four years that the Ottawa singer/songwriter felt very differently when she was nominated for a second time on Tuesday. She joined an eclectic 10-artist short list that also includes Toronto rapper Drake, Vancouver rock duo Japandroids and Calgary-reared songstress Feist. The Polaris Music Prize — awarded to the top Canadian album of the year based strictly on merit and not sales — is voted on by 200-plus music journalists, bloggers and broadcasters.
THE CANADIAN PRESS

On the web

Walmart in Kodiak, Alaska, gets most 'likes,' wins personal appearance by rapper Pitbull

NEED A RIDE?
Read metrodrive every Wednesday.

The perfect book to calm your nerves: Monkey Mind

Monkey Mind author Daniel Smith has discovered that maxi-pads best trap armpit sweat — only second to Botox injections. PHOTO: TYLER MARONEY

License to panic. Writer exposes his agonizing struggle with anxiety to demonstrate the ubiquity of it in our lives

GINA ANGELOTTI
Metro World News in New York

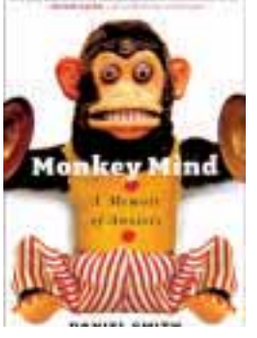
Following basic introductions during a phone interview, whether or not the person on the other end of the line can detect your voice quivering, it's not becoming to admit that you're nervously pulling your hair out. That is, unless you're talking to Daniel Smith.

Reassuringly, the author recalls a similar experience, pitching to publishers his memoir about anxiety, Monkey Mind. It occurred to him then that having written about the disorder gave him license to panic, to be comfortable in his own sweat-sodden skin. "Now I can just come right out and say it," Smith boisterously exclaims. "Not only do I not have to hide it, but I should tell (people)! I should have thought about this years ago."

In Monkey Mind, Smith divulges adolescent traumas and subsequently, the pivotal attacks and everyday pangs of anxiety. Through trial and error after error, he learns to mitigate them, finding comic relief along the way. He recounts, for example, discovering that maxi-pads best trap armpit sweat, second only to Botox injections. To unabashedly laugh out loud or cry — or both — at Smith's naked confessions is inevitable and apropos. "I'm easily embarrassed and self-critical, but not easily shamed," he insists, adding that he exposed his own agonizing struggle with anxiety in order to show the ubiquity of it. "There's no one who hasn't experienced anxiety in one form or another. Built into the project is the idea of universality."

According to Smith, anxiety differs from fear in that the former is the looming, unpleasant feeling brought on by the latter. Chronically anxious people are acutely aware of themselves and what triggers those feelings to arise within. "Anxiety is self-centeredness," he says, speaking slowly now, with a sudden equanimity. "It's not narcissism because narcissism is self-love. The word I love is solipsism, which means a locked-in syndrome, an obsession with what's inside your own head and how the world comes at you."

Although he says he hasn't found writing in general or about anxiety in particular to be therapeutic, Smith does offer suggestions for how to combat restlessness beyond momentary stopgap measures like drinking, taking a pill or even orgasms. "I'm not convinced that (anxiety) can be cured or even that it would be desirable to be cured," he says, conceding that the only effective disciplines to have eased his worried mind are meditation and Cognitive Behavioral Therapy (CBT).



The Buddhist meditative technique of training oneself to see that thoughts often rise and fall away is useful, he says, "because it turns you away from self-absorption, ironically, because while meditating you're looking only at yourself." Smith draws comparisons between Buddhism and psychotherapy insofar as that both emphasize awareness. "CBT takes the statements that otherwise the mind considers assumptions and jumps straight to anxiety and catastrophe and questions them." Whereas Buddhism advises letting go of uncontrollable thoughts, "CBT asks you to scrutinize them."

For Smith, with consistency and practice, these methodologies ultimately don't conflict with each other. "It's all about day after day fighting the good fight against your wormy, screwed up habits of mind."

But he resigns that falling off the wagon and back into anxious patterns is easy to do.

"You have thought a certain way for years," he says. "Nothing is going to be able to train you out of that completely because the circuits are there."

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Chris Colfer finds 'glee' in penning children's stories

Glee star Chris Colfer has written a book called The Land of Stories. EVAN AGOSTINI/THE ASSOCIATED PRESS

Childhood dream. Star of hit TV series turned his boyhood questions into a novel that's now in stores

Glee star Chris Colfer says his favourite childhood memories are going to the book store at midnight to get the next Harry Potter book.

He recalled in a recent interview, "just being there with everyone happy and dressed up, and those were just really happy moments for me."

It makes sense then that the 22-year-old would want to contribute to that world. He's written his own children's novel called The Land of Stories, which is now in stores.

The book is about twins Connor and Alex, who find themselves sucked into their favourite book of fairy tales, suddenly face-to-face with the characters they grew up reading about.

Colfer said he came up with the idea as an inquisitive child who questioned the fairytales his mother would read to him.

"I used to ask, 'Mommy, who's the man in the mirror? Why's he talking to the evil queen? Why's she so evil? Why does she hate Snow White so much?'

"I just tried to clarify the questions that I had as a kid," he said.

If the book were adapted into a movie he would love for Meryl Streep to play the various fairy tale characters.

"I think ultimately I would love to see Meryl Streep play every role just because I think. 'Who would not want to go see that movie? Who would not want to go see Meryl Streep playing The Big Bad Wolf or Red Riding Hood?' I mean it would be great."

Colfer said he wrote the book last summer during the Glee world tour.

"I was writing constantly in my hotel room and under the stage during performances even, and I'd be singing, I Want to Hold Your Hand and I'd think of something really witty for Connor to say. Had to run downstairs to the changing booth, type it into my computer, run off and do Single Ladies in leotard. It was an interesting summer. I don't think I've mentally recovered from that time."

There's already a deal to write a sequel to The Land of Stories where Alex and Connor will be older.

He also has written a screenplay for a psychological drama movie that he hopes to star in, and he adapted a pilot for the Disney Channel based on Florence Laughlin's children's book The Little Leftover Witch.

THE ASSOCIATED PRESS

Walk Off the Earth's cover of Somebody that I Used to Know on one shared guitar was a YouTube sensation. SUPPLIED

Band parlays YouTube celebrity into full album

Gainful gimmick.
Walk Off the Earth, who covered Gotye's single on one guitar promises their music will stay fun — despite record deal

PAT HEALY
Metro World News in Boston

If you're among the 127 million people who have seen Walk Off the Earth cover Gotye's mega-popular single with one shared guitar, you know that these five Canadians are all about innovation. So it's no surprise then that the band was able to leverage their YouTube popularity for an album that will be out in the fall. Though the album will comprise almost all original material (don't worry, the Gotye song will be on there), singer Sarah Nicole Blackwood says that the major label deal won't change their fun approach to music.

With the very notable exception of the Somebody That I Used to Know clip, there are so many different instruments in your videos. Do you bring all of them on tour?
Yeah, we totally do. Our crew hates us, actually. Not only do we bring them but we throw them at them throughout the show.

You're the only one who's playing regular guitar there, plucking strings and fretting, right?
Yeah. I mean Gianni [Luminati Nicassio] is doing the same thing, kind of soloing away, [Ryan] Marshall's got the bass line, Joel [Cassady] is playing drums and then Beard Guy's playing the clanky noise.

You really call him Beard Guy?
Yeah, we actually call him Beard Guy. Well, in the band. ... He's always had his beard. He just looked really cool when we were doing takes for the video. As we shoot a video it's really cool how each character will develop pretty much right away, so we were watching some of the takes that we had done and we were just like, "Dude, you look cool just staring off to the side like that, just do that." And that kind of became his character. But we actually do like — when we talk to him, instead of saying "[Mike] Taylor," we'll be like, "Hey Beard!"

How long does it typically take to do one of these videos?
A long time. Most of our videos are one take, which is — it takes a long time to shoot but it takes a short period of time to edit, which is a lot nicer.

You've just signed a deal with Columbia, but you guys have done so well without label backing. Why did you need a label?
We're still figuring that out, actually. I totally see where you're coming from — I'm a punk girl, I like going with indie labels. Basically we know what kind of audience we can reach with the power of our YouTube channel, and we know that we have the power to do a lot of things. The deal that we signed isn't the average deal. People think it's just gonna be like, "Oh, you guys probably got tons of money." We didn't do it for any kind of money. We basically need to build our team because the five of us can't take over the world, and although the record industry is dying out, there are things they can help us with. So if anything, we've basically hired them to help make us bigger.

Quoted

"We didn't do it for any kind of money. We basically need to build our team because the five of us can't take over the world."
Singer Sarah Nicole Blackwood on signing to a major record label

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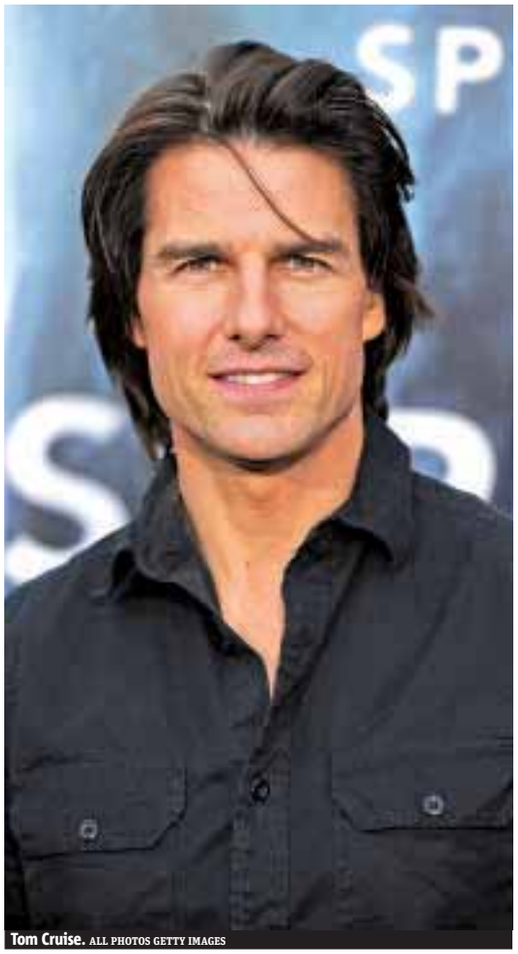

Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise gets first visit with Suri since divorce

Tom Cruise had his first visit with daughter Suri since he finalized his divorce settlement with Katie Holmes, according to Us Weekly.

The actor flew overnight from the California set of Oblivion to spend time with the six-year-old in New York, where paparazzi spotted Cruise carrying Suri around, her head buried in his shoulder.

"Katie wants to make sure the visits are in the context of him being a parent figure," a source recently told the magazine. "He adores Suri, but now he's afraid he won't be able to have a close relationship with her."

Quote

"Katie wants to make sure the visits are in the context of him being a parent figure." Source

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Limbaugh trying to get a rise out of Dark Knight fans

THE WORD
Monica Weymouth
scene@metronews.ca

Rush Limbaugh is like a cat on a diet — it's best to ignore his constant whining and pawing until it's truly impossible to read the paper in peace.

Unfortunately, today is one of those days, so you'll have to excuse us as we tune in to his thoughts on The Dark Knight Rises.

On his Tuesday radio show, Limbaugh laid out an impressive conspiracy theory, even for him: The villain of the latest Batman flick is named Bane, which he believes is a reference to the venture capital firm presumptive Republican presidential candidate Mitt Romney worked for. Take it away, Rush.

"Do you think that it is accidental that the name of the really vicious fire-breathing, four-eyed whatever in this movie is named Bane?" he asked. "A lot of people are going to see the movie — and it's a lot of brain-dead people, entertainment, the pop-culture crowd — and they're going to hear Bane in the movie and they're going to associate Bain. The thought is that when they start paying attention to the campaign later in the year, and Obama and the Democrats keep talking about Bain, Romney and Bain, that these people will think back to the Batman movie — 'Oh, yeah, I know who that is.'"

Rush, we're going to excuse the "brain-dead" comment in the hope that it's a zombie reference — we mindless pop-culture people like our zombies.

But we also have to point out that the character of Bane first surfaced in the 1993 comic and also appeared in the 1997 film Batman & Robin.

Now, as for Heath Ledger's spectacularly, award-winningly deranged Joker? We can't promise there wasn't a little GOP inspiration there.

Jennifer Lopez

Lopez looked through Casper when they first met

In his first public comments about his relationship with Jennifer Lopez, Casper Smart admits he didn't see fireworks the first time they met.

"I don't think it was for either of us," Smart says when asked by Good Morning America if it was love at first sight for him and Lopez.

"It was just very natural how it happened. There was nothing before, no flirting, nothing."

Twitter

@lindsaylohan
its interesting to orchestrate a sex scene w/forks & spoons

@channingtatum
I think all thongs are "interestingly" uncomfortable and hilarious.

@BrettRatner
Who knows where I can buy this round sauna with a window for my house?

@normmacdonald
A dingo punched my son in the face for not doing his homework.

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3 LIFE

Fashion Flash

Famous fanny: Gaga bares bod for fragrance

Lady Gaga has revealed her body yet again in an advert for her first fragrance Lady Gaga Fame. The ad campaign, shot by world-famous fashion photographer Steven Klein, features a reclining nude Gaga wearing a black mask as she holds the gold-topped fragrance bottle in an outstretched hand. Luckily for Gaga, her intimate areas are dutifully hidden by what appear to be mask-wearing, thong-clad miniature mythical warriors — 'Little monsters' perhaps? The scent's ingredients are listed as Tears of Belladonna, crushed heart of tiger orchidea, with a black veil of incense, pulverized apricot, and the combinative essences of saffron and honey drops." Bizarre, yes, but suitably kooky.

METRO WORLD NEWS

On the Web

The high-tech swimsuits of the last Summer Olympics have been banned, but Canada's swimmers say it's still an adventure squeezing into their tight racing suits. Scan the code to watch the video.

Licence to kill... in style

New Bond film Skyfall marks 50 years of girls, gadgets and 007 charm. Here, the film's costume designer Jany Temime talks tight trunks and getting up close and personal with Daniel Craig's 'perfect body'

RICHARD PECKETT
life@metronews.ca

Tight tailoring and a fixed glare, ready for action SONY

Since James Bond first hit the screen in 1962's Dr. No, 007 has been privy to a bevy of top tailors and international designers. The latest is Jany Temime, costume designer of this fall's Skyfall — and long-time Harry Potter costumer. She's charged with bringing Bond into 2012 while respecting his legacy.

"James Bond is such an iconic figure, so in one way you have to modernize it, but on the other side you have to respect people's expectations," she tells Metro.

Daniel Craig is the sixth Bond to step into the breach and puts his body on the line for Queen and Country with the good fortune of having Tom Ford's tailoring as his body armor of choice. "We decided to settle for something very body-conscious in muted colors like soft blues and grays. First, he has a lovely body," she says, with a laugh, "so it was quite interesting to use it and second, it helps to follow all his movements."

The French-born designer assures me that she took inspiration from the '60s, with a nod to the first Bond played by Sean Connery. "It has a modernized '60s allure but not boxy like a suit from that era. The suit has narrow lapels, high-waisted, tight trousers that just break on the shoes and cut in lightweight fabrics such as fine wool and mohair."

Body-skimming tailoring is one asset that Bond has never been shy of bearing all for the camera — and we'll see his legs in this installment.

"His light blue shorts, they're very iconic of Bond and why not? Daniel Craig has the body to use them," she lets slip. When asked if they're similar to Connery's Dr. No trunks, she responds, "Well, let's just say that the shape and the colour could be similar. I'm not allowed to tell you that, I suppose!"

Designing 007

Designing 007: 50 Years of Bond Style, a new exhibit in London, features the looks of Bond past, including:

Matchy-matchy Bond girls

Dr. No and Die Another Day.

Gadgets and gizmos

Jaws' Teeth: Moonraker & The Spy Who Loved Me

The Golden Gun: The Man With The Golden Gun

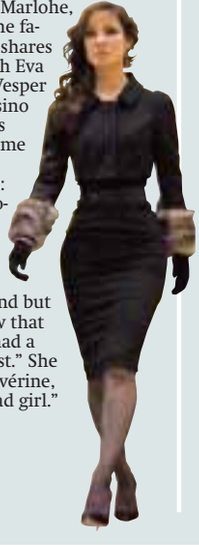
Here's a look at what else we'll see

Eve, the co-worker

"She's the colleague that you shouldn't play with; that very sexy 'girl next door' kind of look," says Temime. Gents, it certainly appears that the high-octane action scenes are not the only thing that'll excite as the designer enthuses, "Eve (Naomie Harris) has the most amazing body and the most beautiful bottom (gasps). I used bright colours, a yellow skirt, orange dress and beige because of the colour of her skin – it brings a warmth and a flash in the film."

Sévérine, the Bond girl

"I was inspired by the film noir and the '50s — she has that aura of classic beauty," says Temime. It seems Sévérine, played by the sultry Bérénice Marlohe, is a femme fatale who shares traits with Eva Green's Vesper Lynd (Casino Royale) as the costume designer describes: "She is somebody who you never quite understand but you know that she has had a heavy past." She adds, "Sévérine, she's a bad girl."



Temime on Bond baddie Silva

"Oh, Javier (Bardem) is completely different. He has a touch of sexual danger," says Temime, who continues the movie's sexual trope. Although Bardem's role in the film is being kept hush-hush, he does at one stage appear like many Bond villains before him with a blond hairdo. The costume designer reveals: "His suits are from a Savile Row tailor. If James Bond is an English gentleman in every situation, Javier is not in all."

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 13

Superfood makes super pasta

Any variety of kale is fine in this super easy pasta dish as everything is cooked in one pot, says Sharon Hanna, author of The Book of Kale.

Feel free to use mature leaves as they'll be whirled with goat cheese to create a strikingly green pesto that melts into the hot pasta. If you have calendula in your garden, be sure to garnish the pasta with some edible orange petals — nasturtiums work too.

This is suitable for vegetarians and those on a gluten-free diet if non-gluten pasta is used.

1. Bring a large pot of salted water to a boil. Add garlic and shallots and boil gently for 4 minutes. Add kale leaves and continue to boil for another minute. Watch the pot — you want the kale to remain bright green.

2. Using a slotted spoon, remove kale to a colander. Scoop out garlic and shallots and transfer them to the bowl of a food processor. Leave pot with water at a boil. Drop pasta into boiling water.

3. While pasta is cooking, squeeze excess moisture from kale. Add to food processor along with cheese, pine nuts, salt, pepper and lemon juice. Process while adding olive oil slowly, until mixture is creamy.

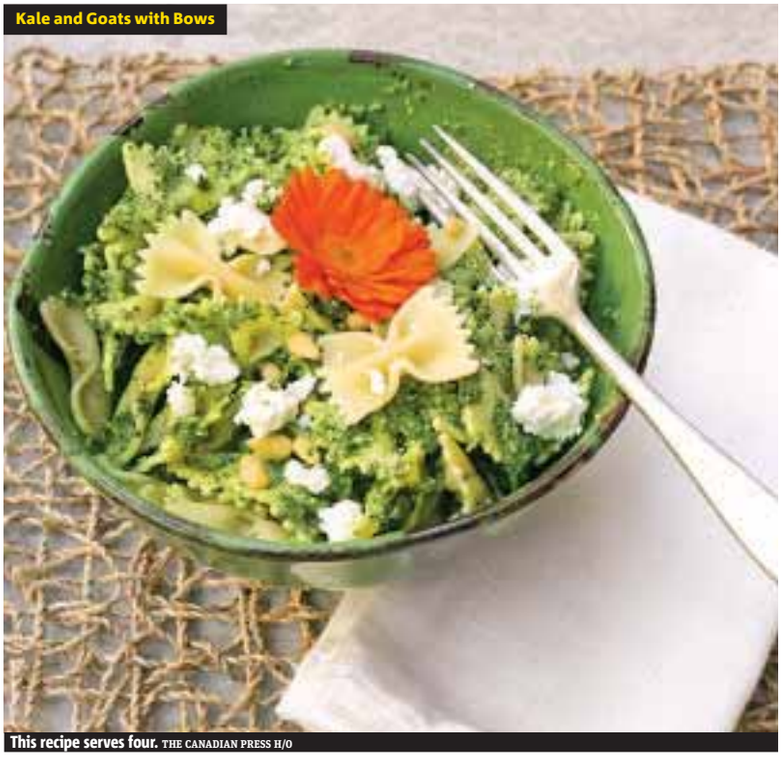
4. Let pesto mixture stand until pasta is cooked to the desired texture.

5. Drain pasta well and combine with puréed mixture. Before serving, sprinkle with extra goat's cheese and fresh thyme leaves, if desired.

THE CANADIAN PRESS/THE BOOK OF KALE: THE EASY-TO-GROW SUPERFOOD BY SHARON HANNA (HARBOUR PUBLISHING CO. LTD., 2012)

Ingredients

- 6 large garlic cloves, peeled
- 2 or 3 small shallots, peeled
- 2 l (8 cups) kale leaves, packed
- 350 g (12 oz) dried farfalle (bowtie pasta)
- 250 g (8 oz) soft goat's cheese, plus extra for topping
- 45 ml (3 tbsp) pine nuts
- Salt and black pepper, to taste
- 45 ml (3 tbsp) lemon juice
- 125 ml (1/2 cup) extra-virgin olive oil
- Fresh thyme leaves (optional)

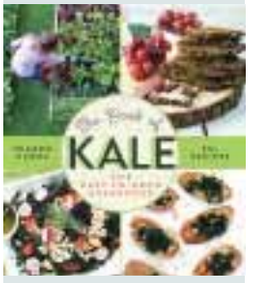


Kale and Goats with Bows

This recipe serves four. THE CANADIAN PRESS H/O

Book of the week

Discover joys of a 'miracle food'



Kale has been lauded one of the most nutrient-dense greens in existence. Yet, many don't know how to make it taste good.

Sharon Hanna changes that with her book The Book of Kale, which offers more than 70 simple recipes for breakfast, lunch, dinner and snacks.

Wilted Kale with Caramelized Parsnips, Pizzocheri Noodles with Greens and Fontina, Kale and Potato Torta and Kale in Coconut Milk with Salmon Candy are all sure to blow kale skeptics out of the kitchen.

The book also provides tips on growing kale in your own backyard. **METRO**

Savoury Fried Sage & Parmesan Penne

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

It's hard to not love an ingredient that loves fat.

And that's exactly what sage does — it partners perfectly with foods rich in oils and fats. That's why it is so common in hearty holiday foods. Actually, that's part of sage's problem too, and why it has a relatively low profile in American cooking compared to other herbs, such as basil and oregano.

In Italy, sage rules saltimbocco and osso bucco. But it's also a natural with butter-drenched pasta — like this one.

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Reserve 1/4 cup of the cooking water, then drain the pasta, return it to the pot, cover and set aside.

2. Meanwhile, in a small bowl, lightly beat the egg. Place the flour in a second bowl, then mix a bit of salt and pepper into it.

3. One at a time, dunk each sage leaf first in the egg, then in then in the flour. Shake off any excess flour, then set aside.

4. In a small skillet over medium-high, melt the butter. When it just starts to bubble, add the sage leaves and fry for 1 to 2 minutes per side, or until lightly browned. Transfer to a plate and set aside. Add the pine nuts to the skillet and toast in the butter that remains in the pan for 1 minute.

5. Drizzle the butter and pine nuts over the cooked pasta. Sprinkle in the Parmesan and use tongs to toss until melted. While tossing, drizzle in just enough of the reserved pasta cooking water to create a thick sauce. Season with salt and pepper.

6. Divide between serving plates, then top each portion with fried sage leaves.

THE ASSOCIATED PRESS

Ingredients

- 1 lb penne pasta
- 1 egg
- 2 tbsp all-purpose flour
- Salt and ground black pepper
- 12 large fresh sage leaves
- 4 tbsp butter
- 1/3 cup pine nuts
- 1 cup grated Parmesan cheese

How to work from home — in style

Design meets function. Consider wood tones, fabrics, furniture and storage as part of your decorating scheme

Organic Chair, $278, homesav.com

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Beginning in the fall, I will be working part-time from home. To accommodate this I need a small desk area for my laptop and storage, which will all need to go in my living/dining room. Any suggestions on how this could work?

The last thing you want is to set up an obvious office in the middle of your entertaining space, especially when you won't be using it full-time.

I suggest creating a desk area that blends with your current decorating scheme. Consider wood tones, fabrics, furniture styles and method of storage as your key components when deciding how to decorate.

An option for a discreet, non-traditional desk could be something as simple as a modern Parson-style console table, an antique secretary china cabinet (that also offers decorative display) or a retro-looking desk that is both sculptural and practical.

Nailhead Upholstered Storage Bench, $479, westelm.com

If you are only using an office chair for an hour or so each day then choose something comfortable yet super-stylish, rather than the standard five-wheeled executive chair.

Match the chair's style to the desk; if you've chosen a retro desk, then choose a retro chair. The chair should blend well enough into your living room's decor scheme that it could be used as extra seating without looking out of place.

Crane Desk, $765, crateandbarrel.com

There are two types of storage: decorative storage that is close at hand (for monthly files, receipts and reading materials) and a long-term storage option such as a locker or an upper shelf in a closet to hide taxes, old files and rarely used office supplies.

Once you choose your desk, chair and storage, the fun begins. Treat yourself to a few accessories, such as wall sconces, artwork, lamps and other decorative accessories, that blend with your living room's decor and finish off the new work area.

Want to look professional during a Skype conference call? Make the background a neatly arranged bookshelf (with books), not a messy kitchen with your cat on the counter.

A casual home office desk can be something as simple as a sofa table. HANDOUT

Cleaning tips

Tackle household germs

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

What are the most common areas for germs in the average household?

You might be surprised to learn there are more germs in the average household kitchen than in the bathroom!

Why? We know about the bacteria in our bathroom and make more of an effort to clean it. But we often don't see or understand bad bacteria in the kitchen or in the remainder of the house.

Here are four common areas that harbour germs and bacteria around your home:

1. The kitchen sponge: Replace often and wash daily. You can put it in the microwave for one minute on high or in the dishwasher with the full drying cycle to kill bacteria.

2. The remote control: Did you know in hotels the remote is the one item with the most bacteria? Use a cotton swab with alcohol weekly.

3. The telephone and cellphone: Use a cotton swab with alcohol weekly.

4. Door knobs of the bathroom and front door: These also need to be cleaned weekly.

Your kitchen sponge may have more germs than your toilet. ISTOCK IMAGES

Quench your garden's thirst

The hot days of summer have settled into many areas of the country. Add a lack of rain into the mix and gardens are wilting under the soaring temperatures.

Gardeners who did a lot of back-breaking work in the spring and spent money on plant material may be dismayed to see their investment withering.

But the solution is relatively easy — proper watering is key to preventing your plants from becoming scorched, says gardening guru Lindsay Drake Nightingale.

Water evaporates quickly when it's hot so she advises watering containers and gardens in the cool of the morning or evening, though she prefers early morning.

Keep the pests away

Plants become perfect fodder for pests in the heat because they become more tender with lack of water absorption. Another advantage of morning watering is that "you can spot the pests and it's easy enough to pull a snail off of your hosta or slugs off of whatever," said Drake Nightingale.

Newly planted need more

Bump up watering to twice a day — morning and evening — for newly planted material, including young trees, and make sure water goes into the soil surrounding the plant rather than on its foliage.

Water just until the soil is damp to the touch and not so it is pooling on the soil's surface.

A hose with a nozzle that showers is the best way to give plants a drink. Soaker hoses and drip irrigation systems work well too.

Concentrate on watering perennials and annuals

"Lawns ... tend to go dormant and then as soon as the cooler weather comes they start to green back again with a little bit of rain," said Drake Nightingale. "Annuals tell you when you haven't got enough water on the garden because they wilt instantly. But they come back almost instantly with watering."

Some heat-tolerant annuals are petunias, marigolds, snapdragons, zinnias and dahlias. THE CANADIAN PRESS

NHL

Kings' Doughty cleared on sexual assault charges

Sexual assault charges against Los Angeles Kings defenceman Drew Doughty have been rejected.

Los Angeles County prosecutors have cited a lack of evidence against the Stanley Cup champion from London. On March 1, it was alleged that Doughty met a 25-year-old woman at a bar near Hermosa Beach. The woman claimed that Doughty forced her into a cab outside the bar and then went back to his place where the alleged assault took place.

Doughty, 22, acknowledged that he met the woman at the bar and invited her back to his place, but that any relationship with the woman was consensual. AM980/AM980.CA

London's Drew Doughty GETTY IMAGES FILE

NBA

Valanciunas signs with Raptors

The lengthy process to bring Jonas Valanciunas to Toronto is almost over.

The Raptors announced Wednesday that they have signed the seven-foot centre to a rookie contract.

The Raptors drafted Valanciunas with the fifth-overall pick of the 2011 NBA draft. But they had to wait before they could bring him to the NBA as he had a $2.5-million US buyout with Lietuvos Rytas, a club team in his native Lithuania. THE CANADIAN PRESS

Brett Lawrie is helped to the locker-room by a trainer and Blue Jays manager John Farrell after falling into the photographers' box on Wednesday at Yankee Stadium. JIM MCISAAC/GETTY IMAGES

Lawrie latest casualty on bad news Blue Jays

MLB. Young third baseman takes tumble as Toronto completes miserable series in N.Y.

Quoted

"It's a little stiff. It felt like somebody just kind of took a bat and crushed me in the back of the leg."

Blue Jays third baseman Brett Lawrie on Wednesday's injury

It would be tough not to cut Toronto manager John Farrell some slack if he were thinking up dire scenarios for his ball club as he watched Brett Lawrie flip over a railing and disappear into a deep camera well while chasing a foul pop.

It's been that kind of week for the Blue Jays — and they still have three games to play in Boston.

Star slugger Jose Bautista injured his wrist swinging the bat Monday and landed on the disabled list, Lawrie bruised his calf in a scary fall and the Blue Jays lost to the New York Yankees 6-0 on Wednesday in a rain-shortened game that completed a three-game sweep.

"Well, it was a costly series," Farrell said. "Obviously getting swept, first and foremost, and then the injury to Jose in Game 1 and then today with Brett going over the railing.... This was a tough three days here in New York."

Shut out by Hiroki Kuroda in a game called after 6 1/2 innings, the Jays are leaving town two games under .500 (45-47) for the first time this season.

Lawrie slammed his right leg onto an unpadded railing inside a camera well while somersaulting over the cushioned railing separating the deep well from the field next to the Toronto dugout.

"I hit it so flush, and it was just a long fall. I felt like I was in the air for like five seconds," Lawrie said. "From where the cameras sit behind that, it looks like it kind of cuts off right there but it actually goes down like another 3 1/2 feet. So it's like a 5, 5 1/2-foot drop. It sure felt like it."

The 22-year-old third baseman tried standing up but immediately went down after putting weight on his leg.

X-rays were negative and Lawrie hopes to play Friday.

Farrell saw the series as a chance to define the Blue Jays' season. But the Yankees outscored Toronto 18-4 and outhomered their AL East rival 4-1. Toronto never held a lead in losing for the eighth straight time in New York and its bullpen was horrid.

The Yankees relievers finished the series with two saves and a 1.80 ERA. The Jays' pen: 0-1 with a 15.75 ERA.

"It's not what we envisioned," Farrell said. "And yet, I thought we came in here and we played well for the first game and three-quarters. (The Yankees are) a very good team that's probably playing their best baseball of the year over the last month or so." THE ASSOCIATED PRESS

NHL labour talks remain peaceful for now

NHL commissioner Gary Bettman speaks to reporters on Wednesday in New York. JASON DECROW/THE ASSOCIATED PRESS

The NHL and the NHL Players' Association resumed labour talks at the league offices in New York on Wednesday.

The two sides held a cordial meeting for more than two hours in another round of negotiations for a new collective bargaining agreement before the current one expires on Sept. 15.

Executive director Donald Fehr said the NHLPA has not yet decided to make a counter-offer to the league's initial proposal last week.

"We requested further information," Fehr said. "The initial proposal we are looking hard at.

Quoted

"We have a lot of work to do and a relatively short time."

NHL commissioner Gary Bettman

"We're not at that stage (to submit a counter) yet. At the appropriate point in time, we'll make our proposal."

There were multiple reports coming out of the last round of talks that the owners' offer included players' hockey-related revenues getting slashed from 57 per cent to 46 per cent. It also was reported that players would be forced to wait 10 years before becoming unrestricted free agents and that contracts would be limited to five years.

Fehr said the NHLPA would submit a proposal "at the appropriate point in time." He did not specify when that would be.

NHL commissioner Gary Bettman said the league's offer last week was a "serious proposal." THE ASSOCIATED PRESS

4 SPORTS

Cycling

Wiggins' lead grows in France

Cadel Evans' hopes of retaining his Tour de France title collapsed Wednesday in the first day of Pyrenees punishment, losing ground to leader Bradley Wiggins in the 16th stage won by Thomas Voeckler. Evans fell from fourth to seventh overall after struggling on the last two climbs out of four in the stage, while Wiggins wore the yellow jersey a little more comfortably. Evans said he had been battling stomach problems. Also Wednesday, Luxembourg rider Frank Schleck denied taking any banned substance despite testing positive for a forbidden diuretic at the Tour de France, and has suggested he may have been poisoned. The RadioShack Nissan Trek team leader said he "formally rejects" having taken any banned substance, and requested the "B" sample to be tested. THE ASSOCIATED PRESS

Mobile sports

The Brooklyn Nets' public courtship of Magic centre Dwight Howard has come to an end — for now. The Nets signed Brook Lopez to a four-year, $61-million US extension on Wednesday and the seven-footer says he's harbouring no hard feelings. Scan the code for the story.

Emilie Heymans dives in the three-metre springboard event at the Canadian Olympic trials in Montreal in May. STEVE RUSSELL/TORSTAR NEWS SERVICE

Heymans plunging towards history

Diving. One more podium finish puts Canadian legend in league of her own

Emilie Heymans could earn a special place in the annals of the Olympic Games this summer in London.

A podium finish in one of her two events would make her the first diver in history to win a medal at four consecutive Olympics.

Her record is already impressive: She has won at least one medal in each of the major multi-sport games — Olympic, Commonwealth and Pan American — since her arrival on the international scene in 1999. In addition to her 15 medals, she won the 2003 world championship in the 10-metre tower and was runner-up in the three-metre springboard at the worlds in 2009.

But Heymans is not the type to dwell on her list of accomplishments. Leave that to her biggest fan, her father Eric Heymans.

"My father is very involved in my career," says the 30-year-old diver. "He manages my sponsorship and media requests. I consult him often and he's the person whose opinion matters most to me."

In fact, Heymans has always relied on the support of both her parents throughout her career. Both were elite athletes in their own time.

Eric Heymans played soccer in Belgium, his home country, and her mother, Marie-Paule Van Eyck, competed in Montreal's 1976 Olympics as a member of the Belgian fencing team.

"We have always considered it a privilege to support her career," said her father.

No matter what happens in London, Heymans has already realized her dream.

"My childhood dream was just to go to the Olympics," says Heymans. "It remained a dream and I didn't think I could achieve it. So to have taken part four times, it's really extraordinary."

After the London Games, Heymans plans to retire from diving to begin another career she believes will be just as exciting. With a degree in fashion marketing, she's working on developing her own line of swimwear.

THE CANADIAN PRESS

Playing hurt just part of Olympic sacrifice

When Canada's Olympic athletes prepare to dig in their oars, power down the track or execute a gravity-defying manoeuvre on the uneven bars, many may start with a silent prayer: "Please, God, don't let me get injured."

Pushing their bodies to the limits of physical endurance, competitors are all too aware they could pull a hamstring, sprain an ankle or worse.

"Injuries are unfortunately an inevitable part of physical performance," concedes Dr. Penny Werthner, a sports psychologist at the University of Ottawa who works with the national canoe-kayak team and diver Emilie Heymans.

And while most athletes gunning for Olympic medals are reluctant to speak about it publicly, many are likely nursing sore muscles and joints and keeping tabs on other not-quite-perfectly healed injuries as they prepare for London.

"I think every athlete who reaches any kind of high-performance role at the world and Olympic level has probably had several serious injuries as a result of hard training, breaking something or pulling muscles," says Werthner.

Kyle Shewfelt is a case in point.

The Calgary gymnast captured the gold medal in floor exercises at the 2004 Olympics, but 11 months before the 2008 Games, he broke both upper tibias after a mistimed landing on the vault at a World Cup event.

Surgery and months of rehab, followed by hard training, allowed Shewfelt to compete at Beijing, though his performance couldn't match pre-injury levels. But even before shattering those shin bones, he was no stranger to serious injury.

In spring 2004, he severely bruised the main bone in his ankle and wasn't able to resume practising his routines until about a month before the Athens Games.

"Advil was my best friend," Shewfelt quips.

"I think many that are competing at the Olympic Games are on a heavy dose of anti-inflammatories. But it's just par for the course."

THE CANADIAN PRESS

Quoted

"When you're a gymnast, you really are dealing with an injury every day. That's kind of the reality of it. There's always something that hurts."

Calgary's Kyle Shewfelt

Basketball. With NBAers in town, largely ignored hoops gets some attention

The question would be almost unimaginable in North America.

"Who's No. 6?" a reporter asked a U.S. official.

Yes, even LeBron James isn't recognized everywhere in Britain, where soccer is king and basketball is an afterthought.

That will change at least briefly in Manchester on Thursday, with James and the U.S. Olympic team bringing it some rare attention with a game against Britain.

It's only an exhibition, so the result doesn't matter. But the event does, to those who want to see basketball gain a place in Britain's sports culture.

"This is a massive opportunity for British basketball to get some oxygen, to breathe life into the sport in this country," said Chris Mitchell, who calls Britain's games for BBC Radio. "Team USA being here is arguably the biggest-ever game this country has hosted." THE ASSOCIATED PRESS

LeBron James THE ASSOCIATED PRESS FILE

Quoted

"They will represent their country, they will cheer on their team and hopefully we can just play well in front of them."

LeBron James on playing in Manchester, England, on Thursday.

Sex in the village. Party time for athletes fuelled by testosterone in London

Sex in the City move over. Here comes Sex in the Village. Make that athletes' village. As in Olympics.

Tales of shenanigans at the living quarters for 10,000 superfit young men and women have always abounded, and London doesn't look as if it will be any different.

U.S. women's soccer star Hope Solo recently dished about serious partying at the Beijing Games, and some newly arrived athletes say they can hardly wait for the fun to begin.

Most will restrain from going too far, aware they're in the international spotlight.

Still, there's no need to be prudish, according to the man overseeing the health of the Brazilian team.

"(Sex) is common at the Olympics. It's necessary. It's natural," Dr. Joao Olyntho Machado Neto said. "If you are going to be healthy people, why not make sex?

"Brazil is very tolerant with sex as a country. We don't have Victorian minds and we're not religious." THE ASSOCIATED PRESS

Quoted

"The Olympics is the height of your career, so you might do some things you don't usually do."

British beach volleyball player Shauna Mullin

Athletes' village

Water runs dry after pipe delays

Parts of the athletes' village at the London Olympics are without water after delays installing pipes.

The café in the village's shopping area was closed for several hours on Wednesday and other "grab-and-go" cafés were also affected.

Organizers expect the issue to be resolved by Thursday.

THE ASSOCIATED PRESS

Security

Border guards vote to strike

The union representing immigration staff at British airports says its members have voted to go on strike in a dispute over pay and job losses.

The vote by the Public and Commercial Services Union raises the possibility of a walkout during the Olympics, although no strike date has been set. THE ASSOCIATED PRESS

Track-and-field. Test lies ahead for 'Blade Runner'

Even when he's looking at photos of his bleeding and blistered leg stumps, Oscar Pistorius smiles.

And with his Olympic debut approaching, it's easy to understand why.

Pistorius, whose legs were amputated below the knee when he was a baby, is set to make history by running in the London Olympics. He will be the first double-amputee athlete to compete at the Olympics, and his journey has been long and rife with hurdles.

When he finally got word earlier this month that he had a place on South Africa's team — his was the last name of 125 penciled in — his first reaction was relief. Then came utter joy.

"I think I woke up the next morning with cramps in my cheeks. I was smiling in my sleep," Pistorius said during a recent interview. "You also realize very quickly ... it's the London Olympics.... You've made the entrance to write the test, but now the test is in front of you."

The test comes Aug. 4, the opening day of the 400-metre heats.

The "Blade Runner," as he is known, runs with carbon-fibre blades that often cause blisters and rub his stumps raw. He was born without fibula bones due to a congenital defect.

Already a Paralympic gold medallist, Pistorius was initially banned from competing against able-bodied peers because many argued that his blades gave him an unfair advantage. THE ASSOCIATED PRESS

Soccer

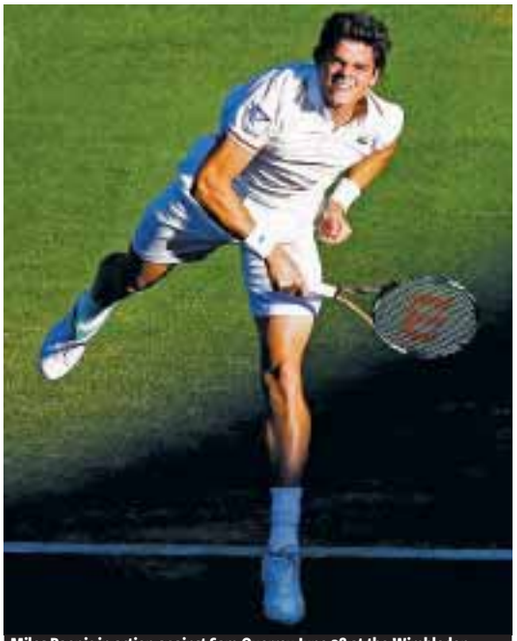
Beckham fine with being a fan

The Olympic flame still burns within David Beckham. But he does not want to light the Olympic cauldron during the London Games. In other words: Thanks but no thanks.

"I've always said that ... it should be an Olympian of some kind," said Beckham as his L.A. Galaxy squad prepared to meet the Vancouver Whitecaps on Wednesday night in Vancouver.

THE CANADIAN PRESS

Milos Raonic hopes for travel crunch next month



Milos Raonic in action against Sam Querrey June 28 at the Wimbledon Championships in London, England. CLIVE BRUNSKILL/GETTY IMAGES

Tennis. Raonic will represent Canada at London Olympics with Rogers Cup taking place the next week

Milos Raonic won't mind a travel headache this summer.

The hard-serving 21-year-old will represent Canada at the London Olympics starting later this month, and is also scheduled to take part at the Rogers Cup tournament the following week in Toronto.

A good showing at the Games could mean travel and fatigue issues, but those are problems he'd welcome.

"If this is a problem you're faced with, it's a good problem to have," Raonic said Tuesday at a media event in Toronto. "I'm sure that anybody who's able to put themselves in a winning position at the Olympics is going to have a good opportunity to be in a winning position here."

Most of the top players are scheduled to play in the 64-man field, including Roger Federer, Novak Djokovic and 2008 gold medallist Raphael Nadal.

Raonic, who was born in Montenegro but moved to Thornhill, Ont., with his family when he was three, has faced questions since he became the face of Canadian tennis over his long-term commitment to playing for this country. He hopes his Olympic participation will finally put the issue to rest.

"There really isn't even second thoughts about this decision for me — I play for Canada," he said.

THE CANADIAN PRESS

Quoted

"Since it's such a rare opportunity, I think it just amps up the hype around it quite a bit."

Milos Raonic, who says although they're not as prestigious as one of tennis's four majors, the Olympics are an event players mark on their calendars.

metro

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Horoscopes

♈ Aries
March 21 - April 20
Usually criticism goes right over your head but today it won't be so easy to ignore what others say. Could it be because you know it is true? Maybe you can learn from what they have to tell you.

♉ Taurus
April 21 - May 21
No matter how many important things you have to take care of, you must make time for social activities. Being with fun-loving people will make you feel good too. All work and no play is not a recipe for happiness.

♊ Gemini
May 22 - June 21
The more sacrifices you make in one area today, the more you will gain in other areas. Financially, this is one of the best times of the year to replace the old with the new, so be ready to make changes.

♋ Cancer
June 22 - July 23
A new moon in your sign means you should be making big plans, the kind of plans that get other people talking. If you have a clear goal and always think positive you cannot fail. So what are you waiting for?

♌ Leo
July 24 - Aug. 23
Spend some time by yourself today so you can think about recent events and make sense of what's been happening in your life. Invest in a pair of really good ear plugs and shut yourself off from the world.

♍ Virgo
Aug. 24 - Sept. 23
Self-confidence is essential if you want to make progress, so don't waste time questioning your motives or your methods. Just get on with what you are doing.

♎ Libra
Sept. 24 - Oct. 23
The decisions you make over the next 24 hours will affect your career aims for a long time to come. Make sure you know what it is you want then make the effort to go out and get it. All things are possible.

♏ Scorpio
Oct. 24 - Nov. 22
Today's new moon will do wonders for your self-belief and make it easier for you to take the kind of risks that make good things happen. You will be extremely adventurous over the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
Do you continue with a business deal that you are increasingly unsure of or do you give up on it? Don't feel you have to carry on just because other people want you to. It's your life and your choice.

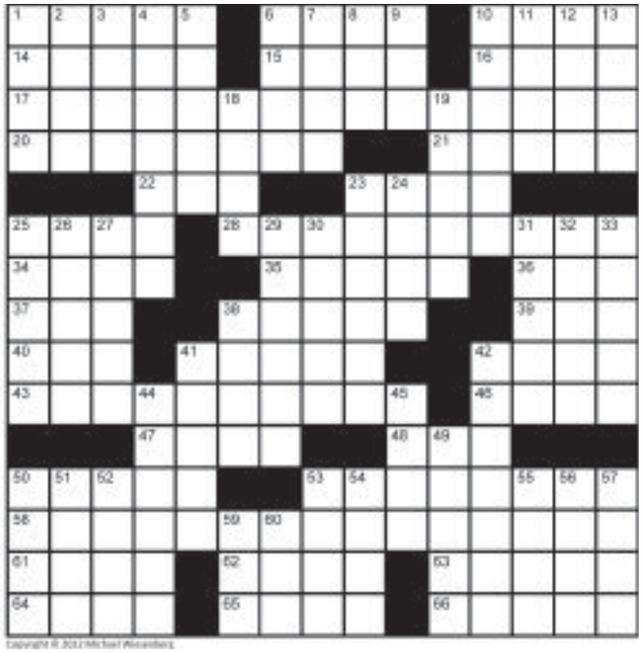
♑ Capricorn
Dec. 22 - Jan. 20
A new moon in your opposite sign of Cancer means a new start is possible for a relationship that has been fading a bit. But don't leave it up to the other person to make the first move.

♒ Aquarius
Jan. 21 - Feb 19
Today's new moon will be good for your health. If you've been thinking about a new fitness regime, now is the time to do something about it. Don't plan far ahead. Take it one gym session at a time.

♓ Pisces
Feb. 20 - March 20
You will be inspired to try something new and exciting over the next 24 hours and chances are you'll like it so much it will become a central part of your life. New things are fun. **SALLY BROMPTON**

Crossword: Canadian Geography

BY MICHAEL WIESENBERG



Across
1. Emulate a volcano
6. Bay of Fundy fishing village ("Home of the Highest Tides in the World")
10. Imperfection
14. Glass: Fr.
15. Marshy wasteland
16. Jai follower
17. Cape Columbia, located here, is Canada's northernmost land point
20. In Monashee Mtns., BC's West Kootenay region, it's known as the Golden City
21. Ghostly
22. Hearer
23. Former satellites
25. Lady of pop
28. 4 out of 5 of these are partly in Canada
34. Bypass
35. One at ___
36. Preceding
37. ___ vivant
38. Small rural municipality 100 km SW of Toronto
39. Valiant's oldest
40. Country N. of Slovenia
41. "Understand now?"
42. Loonies
43. AB town, region known for dinosaur fossils
46. Badly behaved
47. "___ Dooby": Orbison's first hit
48. Center start
50. Arise
53. Body of water in central Burnaby, BC
58. 2d-highest peak in both Canada and US, on Yukon-Alaska border
61. Once, once
62. Employed
63. Rides for VIPs
64. Loch ___
65. Art Spiegelman won a Pulitzer for this
66. Cowboy's rope

Down
1. Any time
2. Move: real estate jargon
3. Trendy addresses
4. Make formal dinner arrangements
5. Hot electric car
6. Prayer finish
7. Prayer start
8. Larry and Curly's brother
9. Onassis, by nickname
10. 1983 Nobel Peace Prize winner
11. Banned fruit treatment
12. Indian princess
13. All alternative
18. Actress Helgenberger of *CSI*
19. *Comune* in Brescia, Lombardy, Italy, bordered by Nuvolento, Caino, Botticino
23. SK folk musician Buffy ___-Marie
24. Bank printout: abbr.
25. Curdle, as milk
26. Love: Fr.
27. Knife pitched in infomercials
29. Seldom
30. Online selling
31. Canadian star Reeves
32. Flubbed
33. Sixth ___
38. BBC nickname, with "the"
41. Hamilton, ON-born *SNL* alumnus Martin
42. S-Central ON city between Lakes Couchiching and Simcoe
44. Canada's Logan and Lucania
45. "___ Petite": Jackie Wilson hit
49. Alberto VO5 rival
50. Sign
51. Apple piece
52. Say "!@#$%"
53. 7-Down, in parts of Canada
54. Stops
55. Points a gun
56. *Get Smart* villains
57. ExxonMobil's brand in Canada
59. Total
60. Deep ___ well

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6			1		8			
3	4						6	2
	9			3		8		
	8		6	2				3
		7				6		
5				8	1		2	
		9		5			4	
7	2						9	5
			9		2			1

Yesterday's Sudoku

3	1	4	9	8	7	6	2	5
5	7	6	4	2	1	8	9	3
9	8	2	6	5	3	7	4	1
7	6	8	5	4	2	1	3	9
1	9	5	3	7	6	2	8	4
2	4	3	1	9	8	5	7	6
4	2	1	8	6	9	3	5	7
8	3	9	7	1	5	4	6	2
6	5	7	2	3	4	9	1	8

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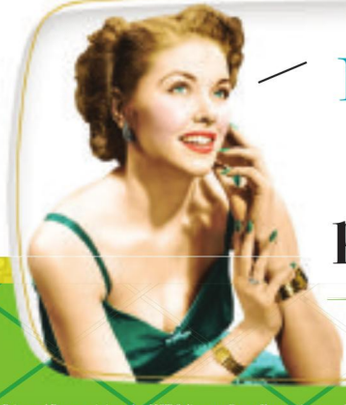

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